



## DEAR EDUCATOR,

Are your students couch potatoes? Getting them up and moving benefits everyone. Starting and maintaining an active lifestyle when young saves lives later—heart disease is the number one killer of Americans. But how can you incorporate physical activity into an already demanding school schedule? How can you encourage your students to stay active outside of school? JUMPSTART is a program that offers some suggestions from experts at the National Recreation and Park Association (NRPA), which promotes active, healthy lifestyles through local parks and recreation agencies, and the National Heart, Lung, and Blood Institute (NHLBI), which, as part of the National Institutes of Health, supports medical research to improve the health of children and adults.

*MAKE THE MOST OF MAY—PHYSICAL FITNESS MONTH.* Take students on a Spring-into-Summer walk or jog around the school or around the block. • Publicize the locations and summer programs of local parks to encourage your students to keep active over the summer. • Enlist families in summer activities by copying and distributing the Family Activity page on the back of this letter. It features lively activities and healthy recipes. • Stay tuned—broadcasters in your area will be receiving public service announcements, featuring Jonathan Taylor Thomas of television's *Home Improvement* encouraging kids to "Have Fun and Get Active."

*LOOK AHEAD TO THE JUMPSTART PROGRAM NEXT FALL.* In late August you'll receive JUMPSTART, a set of learning materials created by the NRPA, NHLBI and Scholastic Inc. Packed with ideas for incorporating active learning in all parts of the curriculum, JUMPSTART highlights activities from two NHLBI field-tested programs. The JUMPSTART Teaching Guide includes nutritional information; non-competitive games for all-school events; and ideas for connecting schools and local parks. Take-home pages involve the whole family in having fun and keeping active.

*ENLIST OTHER TEACHERS.* Please let us know the names of colleagues with whom you share this letter and JUMPSTART materials, so we can better understand the impact of the program. We also welcome your comments. You can contact us at 1-800-649-3042.

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# GET ACTIVE, HAVE FUN, BE HEALTHY!

## FAMILY FUN

Wherever you spend your summer, active family play benefits the whole family's health and spirit.

That's why the National Recreation and Park Association and the National Heart, Lung, and Blood Institute have teamed up to bring you great tips for an active summer of fun.

## GETTING STARTED

♥ **Blue Sky Wish List.** Have each family member express a wish, no matter how unrealistic, for a summer activity that the whole family will enjoy. Then match wishes with realistic alternatives. If a backyard pool isn't practical, cool off in a community pool. If mountain climbing is out of reach, try hiking or biking in a nearby park.

♥ **Family Fun Days.** Mark the calendar to show days when everyone agrees to turn off the TV and get active. Use individual calendars to keep score of daily "minutes in action."

♥ **Community Connections.** Be a tourist and find out what there is to see and do in your own backyard. Check the "blue pages" of your local phone directory or consult the public library for community resources such as parks, museums, historic sites, wildlife areas, and botanical gardens. Look in local newspapers or on supermarket bulletin boards for upcoming activities sponsored by local organizations.

## FUN IN ACTION

♥ **THE GREAT ALPHABET HUNT—  
No Equipment Needed**

The alphabet is all around. As you walk or jog, look for objects whose first letters spell out the alphabet in order (i.e., acorn, bird, cloud). See how far in the alphabet you can get in a given time (5, 10, or 15 minutes) or distance ("across the park"). Turn this into a "Number Walk" by counting things (one bench, two goal posts, three swings) along the way.

♥ **DESTINATION MARS—  
Watch Needed; Follow-Up Needed**

Where do you want to go? Count every minute you're active as one or more miles on a journey: around the park; across the country; or to a distant planet. Use a map, atlas, or encyclopedia to calculate the distances between you and your destinations. To climb a mountain, count each minute of activity as 10 or 100 feet. Make a chart to keep track of your minutes/miles. Plan a celebration for the first person who reaches his or her destination.

## TIPS FROM THE EXPERTS

- If it's hot, play in the shade; drink lots of water; and wear sun block. Remember grass is cooler than blacktop.
- Store balls, Frisbees®, base markers, and sports clothing in activity bags.
- Keep nature healthy—pick up trash.
- Take along a camera to make memories of time your family spends together.

## SUPER SNACKS

### **Kitchen Sink Shake**

Combine a low-fat, fruit yogurt; 1/2 cup of skim milk; 1/2 cup of orange juice; and fruits—such as a banana and a half cup strawberries—with ice cubes in a blender. Let family members experiment with different ingredients.

### **Ants on a Log**

Cut celery stalks in half length-wise, fill with low-fat cream cheese, and dot with raisins.

♥ **WHO NEEDS A BAT?—Ball Needed; Base Markers Needed; 3 or More People**  
Everybody gets to run in this ball game. The "batter" throws or kicks a ball into the "outfield" and then runs back and forth between two bases (10 or 15 yards apart) until one base is tagged by a fielder with the ball. With more players, add a catcher and more fielders.

♥ **FRISBEE® GOLF—  
Frisbee® and "Hole" Needed**  
When is a Frisbee® not a Frisbee®? When it's a golf ball! Toss a Frisbee® so it lands in the "hole"—in a circular hoop or on a jacket or other flat marker. If using a hoop, toss the hoop and play each "hole" successively. If using a jacket, have one person move it for each "hole." Keep score by seeing how many tosses it takes to land the Frisbee® in, on, or touching the "hole."

♥ **TWO FOR A RAINY DAY**  
See how far each family member can walk balancing a book or tray on his or her head. Or try this spin on "Simon Says": Players follow the leader's movements only when he or she says "Simon Says." But instead of leaving the game, those who move at the wrong time pay Simon homage by doing five jumping jacks.

THIS IS A STICK-UP! - POST IT ON THE REFRIGERATOR

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